



Under-bending it like Beckham
And all for a mountain farm
ALLIS MOSS

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Win a ticket
to see *Onya*
COMPETITION

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Earning Pinpoint Oil
a cure for all?
DENISE KELLY

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Selsey hero at Cenotaph

94-year-old World War II veteran marched this Remembrance Sunday

James Ball
HERALD CHICHESTER CORRESPONDENT

A WORLD WAR II veteran from Selsey represented national charity Blood Veterans UK at this year's Remembrance Sunday march to the Cenotaph.

94-year-old Leon Moxley took part in the march representing Blood Veterans UK, the national charity which has helped him to adjust to life with sight loss.

Leon was called up to the Army in 1940, aged just 16, on National Service to take part in the war effort. He spent six years serving, initially in the Gloucestershire Regiment

before being posted to 2nd Battalion, Devonshire Regiment three years later.

Leon says: "My time in Selsey went quite well, it wasn't what I wanted to do, you just had to get on with it with a good heart. I was quite fortunate really, when I was called up, if it had been just a week before, I'd have been sent straight to France tonight."

During his time in the Army, Leon served in the UK before going overseas to North Africa and Italy. Leon added: "I wanted to figure, but the campaign had just finished so we travelled around the coast to

Continued on page 9



World War II hero Leon Moxley from Selsey marched in the Cenotaph

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COMMUNITY SET UP MEETING
FOR FLOODING YOUNG TO
CELEBRATE WATERBOD

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TECHNICAL DISCOVERY
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Continued from page 1

94-year-old World War II veteran marched this Remembrance Sunday



Leon walks to remembrance

Tropics and came to Italy where we were awarded in the summer of 1945."

Leon left Britain in 1948 and it wasn't until one 50 years later that he began to lose his sight, due to age-related maculodysplasia. He says: "My sight went very quickly in a matter of days. I've got enough sight to get to work, but I can't do half the things I want to do – though this doesn't mean being able to do more than anything."

"Once my sight had gone, I joined a local blind society who told me about Blind Veterans UK. I'm so glad they did, getting in touch with them was the best thing I've ever done. It is the most wonderful organisation – I can't speak highly enough of them."

Due to his time in Service, Leon was eligible for free, lifelong support from Blind Veterans UK to help him live independently with sight loss.

Leon says: "Blind Veterans UK has done all sorts of wonderful things for me. I know that if I ever need help, they will be there – they look after every well. I've received specialist equipment to help me at home, and I've really enjoyed the holidays I've had at the charity's

England centre with my wife."

Leon was part of a contingent of more than 100 blind veterans marching with Blind Veterans UK at the Cenotaph in London this year.

Leon adds: "Remembrance means a lot to me. It's a time to think about all of those men and women who have given their lives for their country. The march was very special for me as I remembered my uncle who fought and died in WW1."

5 1 1 4

Warrior UKs

No One Alone campaign estimates that there are over 100,000 war-impaired veterans, just like



Leon is in the front

Leon, who could be eligible for free, lifelong support but are not currently aware of it.

Schoolchildren's songs are inspired by World War One

SCHOOLCHILDREN performed original songs they have written which were inspired by a World War One exhibition at The House Museum, Chichester.

Children from Polstead, Farningham, Ickham and Edward Bryant primary schools and Oxted Preparatory School have been taking part in The Staging Museum Project. The project is a collaboration between The House Museum and West Sussex Music Service and involved writing children to put their own songs after visiting the museum's Great War Through House exhibition.

During their visit to the museum the children met

themselves in WW1 history by trying on soldiers' uniforms and handling objects from a soldier's pack. The children also read letters written by Chichester resident and businessman, Mr Shapton, of Shapton's Toffee, to his employer who were stationed on the trenches.

After the visit the children were asked to think about what they had seen and write up their ideas on special books which were used as clues to help with their song writing. The children worked with musician Emily Gordon, who is West Sussex Music Service's Leader for Staging and Projects.

The project held a special performance at St Paul's Church,

Chichester on Saturday 15th ahead of Remembrance Sunday. Councillor Myles Collins, Cabinet Member for Commercial Services at Chichester District Council, says: "Our museum works very closely with schools across the district and this project has been a wonderful opportunity to help children learn more about World War One during its centenary year."

The Great War Through House exhibition runs until 30 December at The House Museum, Tower Street, Chichester. For more information, visit the museum's chichester.gov.uk or call 01243 776353.



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Anorak Corner

Increasing range of information on the history

Published in the Archives of Polstead House in Polstead, a major archaeological site. On the site have been found human remains dating to around the time of the Roman conquest of Britain. It is the theory is that this was the site of one of the lastings by the Romans designed to ensure the security of the site of the Roman settlement. King Vortigern had his men to the Roman province of the great Roman palace in the Roman world. The palace was damaged by fire at the end of the 4th century and never rebuilt.

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Communities better prepared for flooding thanks to Operation Watershed

HIGHWAY is closing and will be water and mud-ridden road, according to forecasts from the Met Office.

However, thanks to West Sussex County Council's Operation Watershed, communities across West Sussex will be better prepared this year to face up to the threat posed by flooding.

Operation Watershed was set up in 2012 to assist with emergency projects in West Sussex that tackle flooding problems.

Over 100 teams were available at the 2014/15 financial year for community groups or parish residents to help with flooding.

Large scale ditch cleaning, fencing or unblocking culverts, digging drainage channels and flood surveying are all seen made possible thanks to the scheme this year.

Volunteering community groups need to demonstrate a commitment to maintaining it, monitoring it, and raising awareness of flood risk once the project is finished.



Strengthen Parish Council was one group to benefit by applying to the fund.

Parish clerk Penny Fisher said: "We have had no water with groundwater flooding at properties in the hamlet of Down Lane End,

between Ramblers Centre in Ranglestone and Forestside in West Sussex."

"A lot of work to the railway line there had not been shared for years, so we successfully bid for money from Operation Watershed to have

local business Gwynne Contractors Ltd to clear it.

"It was done last week and certainly it will help protect the properties in the area."

She added: "Hopefully this is a step in the right direction."

"Our aim is to prove to surface water flooding, you are applying to the local authority, along with Council, Southdowns and Waterhouse, to have a committee to investigate the flow of the River Ouse and flooding issues in greater detail."

County Council's Cabinet Member for Highways and Transport, Peter Horrocks, said: "All across the county we have seen communities come forward to work with us to help them prepare themselves against flooding."

"As the weather gets colder, the risk will increase."

"If you know of a flooding problem in your community and you want to do something about it, please get in touch. We'd love to help."

If you are interested in finding out if Operation Watershed can help your community's flood problem, contact operationwatershed@westsussex.gov.uk or visit www.westsussex.gov.uk/operationwatershed and type "Operation Watershed" in the search bar.

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JANUARY

- 8TH - CHICKEN & PARSNIPS (SOUTH-WIMPTON DISH) IN 8 HOURS
- 12TH - CHICKEN CO. AT 8 HOURS
- 20TH - COUSIN & COUNTRY SIDE (GARDEN TOUR)

FEBRUARY

- 10TH - LONDON HOLIDAYS
- 12TH - WESTINGSTON LENTINE HOLIDAYS
- 17TH - AFTERNOON DINNERS WITH CHICKEN & TEA
- 17TH - DODGINS & HARTWELL (SOUTHWESTERN DISH) IN 8 HOURS
- 20TH - KID GARDENS & THE ORCHARD FESTIVAL

MARCH

- 4TH - COUSE FROM SOUTHWEST & KID GARDENS (GARDEN TOUR)
- 8TH - CHRISTMAS & CHICKEN CO. IN 8 HOURS
- 10TH - COUSIN & COUNTRY SIDE
- 10TH - HOLIDAYS
- 10TH - DODGINS & HARTWELL (SOUTHWESTERN DISH) IN 8 HOURS
- 12TH - DODGINS & HARTWELL (SOUTHWESTERN DISH) IN 8 HOURS
- 12TH - CHICKEN CO. AT 8 HOURS
- 12TH - CHICKEN CO. AT 8 HOURS

APRIL

- 1ST - LUNCH & COUSE FROM SOUTHWEST & KID GARDENS (GARDEN TOUR)
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES

MAY

- 1TH - SOUTH WESTERN PARADES
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- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES
- 1TH - SOUTH WESTERN PARADES

JUNE

- 1TH - SOUTH WESTERN PARADES

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Prime Minister signals A27 in line for upgrade in next month's Autumn Statement

DVID CAMERON has given the strongest indication yet that major improvements to the A27 will go ahead.

Written material from a speech he gave to the Confederation of British Industry on Monday revealed the A27 was to have Government funding, as part of a single package to modernise England's roads.

The news pre-empted Chancellor George Osborne's Autumn Statement on Wednesday, when further details will be officially announced.

The A27 Upgrade Campaign, made up of councils, business leaders and local MPs, has spent several months lobbying the Government to commit to solving the notorious congestion that affects the road.

It has called for dual carriageway across Most Sane, an A270 bypass, further junctions at Chichester, Fareham and Brighton, improvements along the Worthing to Lancing corridor, and improved A27/A20 access to Portsmouth.

A business case, demonstrating



David Cameron has given a strong hint that improvements could be on their way

how problems reduce A27 traffic to the local economy and prevent growth, was handed to the Government earlier this autumn.

"West Sussex County Council's Leader, Louise Goldsmith, said: "We have had a strong campaign, supported by many people, about

dealing the A27 from east to west. "It certainly looks like David Cameron has acknowledged the effort and the case we have put in,

although we still don't know the detail yet."

"We are waiting for more information on the Autumn Statement on Wednesday, and we will be continuing to campaign right up until that day."

The added the campaign was pushing for an "end to end solution" from east to west.

Anything less would hinder economic growth and would continue to cause problems with rat runs through smaller villages.

Levine said: "There are two important areas. There is obviously the A270 bypass and then the doubling right the way through Worthing."

"This would make a substantial difference - not only to people using the A27 but to the surrounding villages."

"There is an awful lot of re-routings going through these areas - so these improvements would benefit so many people."

For more information visit www.a27upgrade.co.uk or click 'like' on the A27 Upgrade page on Facebook.

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SCAN ME!

Gender-bending it like Beckham - and all for a monitoring form

The week I had a form to fill in for something I forgot what that is had a monitoring form asking the stick question: "Each gender do you primarily identify with? Please sleep if you prefer not to answer!"

Now, this is the stuff of love and lovelorn. The poster I primarily identify with is female but I've been called a twonkey because I fought back with fellow pupils at junior school and now tend to embrace the shenanigans. I have no problem with people being or identifying with whatever gender they feel happiest with. I've interviewed people who changed their names, including Catherine Dwyer or Yoko for short, the band girl who started life as Barry Kenneth Dwyer. In the room she lived inside me I wish was that it made me feel like I should be embracing myself as feminine or personate for an overall outlook like those weather forecasts that say up per cent chance of a transsexual. I got me thinking about some other ways, like control or someone to tell me the most detailed of how, but we categorise ourselves. Are you for the teacher or the student? You can't say neither. If you're sitting



Allis Moss
On the Case

in front of a good five rooms in the library on a winter's eve, would you be wearing a twonkey or a twonkey? You can't say twonkey or twonkey. Apparently twonkey goes together. If you drink whisky by preference you're more likely to listen to John, Paul, George and Ringo. If you graduate as twonkey, it's Mark, Keith et al. Please note these twonkeys have not been named scientifically. Checking out such twonkeys must be the stuff of market research companies everywhere.

Black out?

How we've got that support piece of resources out the way, we can cut down to the real business. So where were you when the storm of the year hit on Sunday

night? What a woman? Could it be that, like me, you were in the office, at the moment of the first power cut in Chichester? It's interesting how some thoughtfulness in the house suddenly assume critical status. That wind up coming long that takes after someone complaining, frantically. The way LED light bulb and small handy LED light for the music on the piano are now the most important things in the bedding darkness. And the house coming online, right at the bottom of all the storm. You catch your way down and around the house in the black-out, making them out. You find, indeed, you are down up, looking like Robinson Crusoe (how that affect my answer on the here?), come-twining yourself for your assistance and urgency, when suddenly all the light comes on again. Doh! Just when I was starting to be in it.

Stevenson kids

In between writing there are days spent studying as a postpaid note. On each day I feel the time divided as if it were divided into a new course of two contrasting segments, not including time

spent in a weekend sometimes like walking up Yoko's pathway. First, working things on gender differences in script analysis. Followed, quite naturally by Family Guy and American Dad on BBC. Yes, it's an excellent combination.

As an underpinning of me, I took a long psychology module as part of my degree course. It was the amazingly-titled 'psychology of sex differences'. Picking to make the first lecture as an underpinning room, I found it already full and the time as well as the first of the class. "In this the psychology of sex differences" I asked seriously, a strong woman, some of her best. It wasn't, as the others had followed me as I checked out made clear.

Readers' Corner

Penelope Heywood from Fellingford has been in touch with On the Case about her book Tigger: Memory of a Compulsive Cat. The book is written by none other than Tigger himself, from his feline

viewpoint as the member of a family moving between the US and Australia-like you do-and back to West Sussex. Part of the proceeds from Tigger's story go to the Cats Protection League, which is another cause. Tigger's tale puts me in mind of another tale, One by Helen Brown, which tells of how a special cat took on long helped a woman overcome the loss of a child.

And finally

The bookshelves of writing can call upon me to read but have been particularly strong today. I wonder why some companies use those online to represent them? A man, born on behalf of Hilary's black, which I've found in a good shape. When I said I didn't have the spare funds as wasn't interested, he retorted, "It was just a few quid"-and put the phone down. How that doesn't reflect well when I do have the cash, does it?

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The programme called Recovery Plus, which has been running in Bristol and Leicester since early this year, has had great feedback from patients: "It was positive right from the beginning to end. All done very professionally. A very good thing that when you have an operation you can follow it on, you don't just leave the hospital and that's it... Such a good idea, such a good programme." Elizabeth, 71, treated at Nuffield Health Leicester.

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Excavation uncovers proof of Roman settlement in Barnham

ARCHAEOLOGISTS have dug back to before 1900 to have been discovered at Barnham, providing the first real evidence of a Roman settlement in the village.

Archaeologists from West Sussex County Council, Archaeology South-East, and G4M Consulting have uncovered the remains of what is believed to be an ancient Roman settlement during the archaeological excavation of the former Anglo's and Hyde Homes in Barnham.

The remains of the timber buildings which would very probably have existed here have not survived more than 2,000 years of ploughing and, most recently, quarrying, but rubbish pits full of Roman pottery, and dishes, which would once have had earth built alongside them can still be seen below ground.

The excavations have been undertaken as a condition of planning permission granted to WSCC for development of the land by Arca District Council.

John Mills, West Sussex County Council's Senior Archaeologist, said: "This is the first good evidence we have for a Roman settlement in Barnham. Dishes and shovels surrounded a square plot of land – an enclosure – and two smaller



rectangular enclosures behind it, which the local Romanised features were probably built, and possibly having their household rubbish, as this was known about them having been, a Roman settlement on this site before the recent archaeological excavations.

Progress of pottery show that the inhabitants were obtaining their household pottery vessels from later in the Arca Valley, a domestic local industry, and from the Rowlands Cattle and New Forest areas. But some of the other

materials that they were using were much finer, such as the smooth red decorated 'Samian' Ware.

"This was fine, expensive tableware imported from Italy to control France, usually found in England as well as the household. Among the finds have been a couple of brooches, of a type used in other four-legged at Roman stone buildings, and this may be a pointer to their having been a more important Roman building nearby."

The settlement, which contained

what other was AD, may have started life even before the Roman Occupation of AD in the Late Iron Age.

It was essentially agricultural. Parts of quartz stone – round flat grey stone, upper and lower, turned by hand to good use between them – have been found as the most common. Shards made from the pits and dishes show that the people here were growing wheat and barley in fields nearby.

John added: "The archaeological

work is mostly too and to preserve bones of these stone vessels and of the meat that they were eating, but from one of the refuse pits, found when the site was first discovered a young pig, under the bones of a young pig."

"It's hope to add to and fill out these first clues about the ancient Roman settlement over the number of the most recent excavations have been started up. There has been a lot of local interest – over 100 Barnham residents came to visit the excavations during a recent open afternoon."

Local Council, West Sussex County Council's Cabinet Member for Roads and Services, said: "We know that this area is rich in history and bones already to some really significant historical finds but that doesn't make discoveries like this any less exciting."

Richard Mewer, Director of Archaeology South-East and The remains are of a Roman farmstead, whose main period occupation spans the 1st to 3rd centuries AD. Trade outside pottery imported from continental Europe which suggests that the occupants of the site enjoyed a reasonably standard of living by contemporary standards."

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Floristry Lecturer assessment results the best in the country!

TWO Chichester College lecturers have been celebrating recently after discovering that they have both achieved the highest marks nationally in their recent floristry assessments.

Dee Watson and Vicki Holmes are both floristry lecturers at Binsbury, The Countryside Campus of Chichester College, Pulborough.

Both lecturers decided to update their qualifications when the new HDE (Higher Diploma in Floristry) and MDFF (Master Diploma in Professional Floristry) qualifications were introduced for those over 21. More importantly, they wanted to ensure that they were technically up to date and in line with current trends and techniques so that their students continue to receive outstanding floristry skills.

Both lecturers have over 20 years of industry experience and have owned their own floral shops and have worked abroad as florists but, as Dee describes, being recognized with an award is incredibly exciting. "I was teaching when I received the news but had to keep quiet until the ceremony. It was very hard as I



Dee Watson (right) and Vicki Holmes was teaching with grade 1 I couldn't believe it. I am so glad that I decided to take the qualification as part of my continued professional development, when I eventually

did tell my students they were delighted and very proud.

"I had always loved teaching but had never passed it. In my florist I used to take students

on work experience and loved showing them techniques and the ups of the trade. They used to say that I would make a great teacher because I was so patient and made

them feel confident. It made me think that perhaps I could look into it. I was lucky enough to find a part time floristry lecturer role at Chichester College. I completed my teacher training and have now been here for 6 years. There never last my passion for floristry as all the years it has just got stronger and stronger, now I have another passion - teaching. When I am with my students, I am in my element."

Dee was presented with The Hayfield Trophy by the British Floral Association last month after she passed the highest national mark in the Level 4 Floristry practical exam.

The Level 5 Practical highest Achiever award nationally is shared jointly with Victoria Hinton, Lecturer in Floristry at Binsbury and Tracy Smith and is awarded by the British Floral Association.

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National News



News in Brief

• BOSTON ACORN Maria Clarke, last known for TV role in *Dolce and Gabbana*, has died, aged 40 after a short illness, her agent has confirmed. Clarke, who was born in Dublin, starred in the controversial series *Big Sister*. Clarke was found by family members in her home in the BSO Green (40) the Midlands and Down East, about a day's journey from London.

• FORMER CANNIBAL actress Rebekah Brooks has died from cancer. The 41-year-old played powerful boss Fanny for more than 200 episodes of the BBC medical drama between 2004 and 2011. She left Cancer to have a family and was diagnosed with cancer after the birth of her daughter in 2010. Brooks was put into a coma from cancer, but when she first awoke a hospital bed broke.

• POLICE are investigating after a woman died of a rare illness she was treated by a doctor, currently under review for poor infection control practices. Dr. David Smith died in August 2013 after becoming ill at the practice in Derbyshire, Nottinghamshire. Dr. Smith has been suspended by the General Medical Council, and up to 20,000 former patients may have to be tested for blood-borne virus.

• A MAN KILLED his 16-year-old sister, dismembered her organs and ate the body parts in plastic storage boxes before taking a TV stand. A man has been found guilty of murdering his 16-year-old sister, who was found at a property in Lutterworth, Leicestershire, in June 2013. The man, Martin Robinson, 38, denied murder but admits manslaughter on grounds of diminished responsibility.

• A PRISONER has been found dead on the day a forensic report highlighted staff shortages and overcrowding at his jail. Lee Smith, 44, was found unresponsive at his cell in HMP Prison at about 10.45 GMT and was pronounced dead by paramedics shortly afterwards, the Prison Service said. The death is the seventh in custody at the jail in the last year.

• A PRISONER who had been released has been arrested as part of an online child sexual exploitation investigation. Ross Morrison, head teacher of Oldham G of E Primary School in Stockport, was arrested on suspicion of possessing indecent images. The 40-year-old has been held and requested while officers take place. Computer equipment has been seized from his home. Morrison has been told officers have been sent to provide information from the investigation.

Police handling of child abuse intelligence to be investigated

THREE police forces face an inquiry over alleged failure to act on top-ups about potential paedophiles.

The Independent Police Complaints Commission (IPCC) will examine how Essex, North Wales and North Yorkshire handled information from Canadian police passed to the UK in 2012.

Around 2,000 names were sent by Toronto Police to the Child Exploitation and Online Protection Centre (CEOP).

The three forces referred themselves to the IPCC for investigation.

The IPCC said it would now look at how the intelligence – gathered by officers from the international Operation Spank –

was handled once it was received by the forces.

Essex Police faces questions over how it dealt with information relating to Martin Goldbury, a teacher who took indecent photos of his pupils.

Goldbury was found dead a day after being interviewed by the force. Police found his body at a house of children being changed on his computer.

CEOP had been told about the deputy head in July 2012 but he was not interviewed by Essex Police until September the year.

The IPCC wants to all child protection in England and Wales last month, asking them to review how they dealt with any information they had received relating to Operation Spank.

North Yorkshire and North Wales Police subsequently referred themselves to the body.

Condit paedophile Gareth Williams was among three named Canadian officers passed to North Wales Police in 2012. The force did not act on them for a year.

Williams was jailed for five years in May.

Deputy IPCC chairwoman Sarah Green said: "There is rightly considerable public concern about how police forces deal with sexual offences involving children."

The IPCC takes that issue seriously and proactively contacted all forces and asked them to review their handling of intelligence to determine the scale of any issues.

"Our investigation will

examines carefully how intelligence from CEOP was dealt with by these three forces."

The head of the National Crime Agency (NCA) – which now encompasses CEOP – last month apologised for delays in acting on the information passed to it in July 2012.

How the agency handled that initial receipt of information is the subject of separate IPCC probes. NCA have obtained figures for CEOP registering every force but at that time only around around a third of the names among the Canadian intelligence.

North Wales and North Yorkshire were not among those that responded.

MP and patrons criticise Sheffield Utd

SHEFFIELD UNITED should reconsider their decision to allow an player Chad Evans to train with the club after his rape conviction, a local MP has said.

Evans, 25, was found last month after serving half of a two-year jail sentence, and is accused to be a

sex offender.

Paul Hildfield said the club were "sending a disturbing message to young people and victims of sexual violence".

Those club partners have now resigned but Hildfield said no decision on whether to resign

Evans had been made.

Around 50,000 people have signed a petition urging Sheffield United not to take the striker back. The club had chosen not to renew his contract following his conviction and he is currently out of contract.

TV presenter Charlie Webster accused on Tuesday also was standing down as a Sheffield United patron, saying the club had failed to acknowledge the "seriousness" of Evans's crime.



Underground extension given green light

THE LONDON UNDERGROUND's Northern Line extension to Tottenham has been given the go-ahead.

Construction will begin in spring 2015 and it is hoped the line, which will be extended from Kew Stadium to Tottenham, will open by 2020.

Two new stations will open: New Elmore and the new one at the heart of the Tottenham Power Station development.

The full route is expected to be up to 10km, which will be funded by developments in the area.

Rob Gonsky, leader of

Hammerhead Canal, said: "This is a historic area for the people of Tottenham and the benefits will be felt right across Tottenham."

"This part of the borough is already coming to life with thousands of new homes and jobs and two new Tube stations will turbocharge the process."

"The Northern Line extension will take the pressure off the rest of our local transport network and give those close offside Tottenham station."

Chichester Business

Papa John's add to club's winning formula

By Agnes Edwards
Writer in H Chichester Herald's 'Business' section



CURRENTLY WITH a dozen fans, having won the majority of their recent matches this season, Chichester Football Club are continuing their winning streak off the pitch, having just received new sponsorship deal with popular pizza take-away, Papa John's.

Managing Director, Mr. James Smith, are proud to have featured in and offer sponsorship deals with the popular pizza restaurant.

James Smith and Gary Jeffries are Assistant Manager of the football club and have been striving hard this season to look after the first team with their training to ensure match wins, along with effective involvement of local businesses to support the club.

"At the level of football to have local business sponsorship, it helps to build awareness and visibility for the club, as well as awareness for the players to put in much effort as they can, as they feel valued" explains James.

"We have a big first team players and with squares at the moment, however, looking at the depth of the squad that's very good. It's a win-win and that's partly due to the support we are receiving from our sponsors, like Papa John's, who are helping to maintain the logo and so all of it, the club will make overall sponsorship."

"I love a three-minute walk from the Chichester Papa John's in the Haven, and regularly eat, so it is delighted that we have them on board as a sponsor. Only last Friday I ate a cheese pizza and delicious bubble wrap!"

Stephen Malcolm, Papa John's Area Manager commented, "On the behalf of Papa John's, I would like to say how much we appreciate the sponsorship we provide to Chichester Football Club. It's great to see young, talented players enjoying themselves and we wish the team well for the season."

"As a business, we look to provide sponsorship for outdoor activities at a local level as much as we can and



First team players of the Chichester FC ground, standing in front of Papa John's delivery van. A man in a suit is shaking hands with one of the players.

Do you run a business in Chichester? There are many ways you can support your local community and we are looking for businesses to support the Chichester Football Club. If you are interested in sponsoring the club, please contact us on 01243 200999 or email advertising@chichesterherald.co.uk

its players making any form of team work, and at the same time, supporting the long-term benefits of team working for our future leaders."

James added: "It's generally at this level where you see the examples of sponsorship, so here at Chichester FC, we're really happy to have many great businesses like Papa John's on board, supporting our efforts and adding to our winning formula."

Providing perfect professional assistance, Papa John's Chichester is a friendly of Chichester Football Club and can be located at 30 The Haven, Chichester, with telephone orders easy to make through calling 01243 200999.

The full menu, online orders and great value deals for local residents and lots of the club can be found at www.papajohns.co.uk

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The Great Covers Bake Off raises Berry nice amount of cash



STAFF at the Chichester depot of Cover Homes and Builders Merchants, at the Quay Lane Estate, took part in their 'Berry' and Bake Off competition on Monday with October.

The huge pot into the Wilfred Berry spin of things is out of local charity, St Wilfred's Hospice, to raise much

needed funds for the specialist care of life care services, for local people in Chichester and the surrounding area. Their own approach is two of days to their patients and loved ones. It will not just the charity put under. Funds to provide these services this year, with only 10% of funding coming from the

1955

The scrumptious array of baked goods was sold in stores at Cover Home Meres, after the over-support judging took place by artist and St Wilfred's patron, Christopher Timothy, last known for playing James Herriot in *All Creatures Great and Small*.

Christopher chose the five best-looking cakes and other goods, including a delicious, pinky Mallow Meringue, as the winner, who made a colourful, rainbow cake.

Mallow, who was crowned with her trophy from Christopher, said: "I'm thrilled to have won the Great Covers Bake Off! I was proud and so as my baking, so this was a bit to me. It was great to meet Christopher Timothy and raise some money for the fantastic local charity."

Come here, so far, raised a

gesture. Extra for St Wilfred's Hospice.

She, Gail Marketing Manager for Cover, said: "St Wilfred's such an important charity for people in the Chichester area. We wanted to help raise much-needed funds for them, and our baking is so popular at the moment, it seemed like the best way to have fun with the team and raise money. It's like to say thank you to the team who got involved and share Christopher for taking time to judge our Great Covers Bake Off!"



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Food & Drink

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Call to banish fruit juice from recommended five a day

FRUIT JUICE should be removed from the recommended list of healthy things to eat daily because it is *adding* for parents, say campaigners.

Action on Sugar found many children's juices contain at least six teaspoons of sugar – more than adults – and some in cartons larger than recommended.

Official advice currently says a glass glass of unsweetened fruit juice counts towards your five a day.

Other juices include, such as squashes and sweetened juices, do not.

A spokesman for the public health agency said it is unclear how many children's fruit juice counts towards your five a day, but that depends on the quantity of fruit or vegetable in your juice, as well as how the sweetener has been used.

Action on Sugar says the problems are baffling.

But Public Health England says the advice is sound and that consuming five or more portions a day helps reduce the risk of heart disease and some cancers.

National Diet and Nutrition Survey said "Fruit is not alone



understand the difference between a pure drink and a fruit juice. And most contain more in sugar or more.

"Many parents are still buying fruit juices and pure drinks for their children thinking they are choosing healthy products," children should be given as little pure as possible."

She said pure should be an occasional treat, not an everyday

drink.

This is something that has been asked by government adviser and Oxford professor Susan Jebb.

She is concerned about parents using fruit juice as "white noise" for their children.

"Water is the best way to get the fluid that we need in the diet," she says.

Sugars are released from fruit

when it is pureed or blended, and these sugars can cause damage to teeth and contribute to weight gain.

Added sugars shouldn't make up more than 10% of the energy (calories) you get from food and drink each day – or about 30 teaspoons, according to government guidance.

It's not clear how much children should have.

The World Health Organization

recommended guidelines say eating that, cutting the amount of sugar we eat from the current recommended limit of 30% of daily energy intake to 5% would be beneficial.

The British Soft Drinks Association (BSDA) said fruit juice consumption in the UK equated to an average of just 2g of sugar per person per day – accounting for 1% of the calories in the average British diet.

"Given government figures show that the vast majority of adults and children are not getting the recommended five fruit and veg a day it is unfortunate this energy count is missing the established health benefits of fruit juice, such as vitamin C," BSDA director-general Greville Parkinson said.

Dr Alison Tebbelen, of Public Health England, said: "Fruit juice is a useful contribution towards your five a day, however, because the process of young releases sugars from the fruit we recommend that you try to limit your fruit juice to avoid a diet, including that from sweetened and only contains those and other sugary drinks with which to reduce the risk of tooth decay."

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Inner city fast food outlets linked to diabetes and obesity



A NEW STUDY has revealed there are twice the number of fast food outlets in inner city areas compared to rural areas.

Research from the University of Leicester found these outlets were twice as common in high density areas where other minority groups and socially deprived neighbourhoods.

The study was based on surveying people in the UK, with researchers warning that important implications for diabetes prevention can be taken from these findings.

The researchers, writing in the journal *Public Health Nutrition*, said that two additional outlets per neighbourhood resulted in the expenditure of one additional diabetes case. This was assuming a causal relationship between the two.

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Evening Primrose Oil... a cure for all?

Many people associate evening primrose oil with the female with hormone imbalances, but don't neglect the many other things this healthy substance is at a bedside at evening. In fact, it is so useful that I think anyone could take it every day. Male and female. If you think about how much and every billion cell in our body works, we need a good protection, but sometimes conditions on each cell to allow the good stuff to be the better. So evening primrose oil is fantastic at maintaining a healthy cell, as well as many other things.



Denise Kelly
Healthcare Blogger

So what is this oil?

Evening primrose oil is the oil from the seed of the evening primrose plant and can be used very successfully for skin disorders such as eczema, psoriasis, and more.

However, it is extremely effective at treating so many other ailments. This time of year when the weather gets colder a lot of people get inflammation just pain such as rheumatoid arthritis. The results for the type of pain are fantastic, as are the results for weak bones (osteoporosis), kidney problems, and more.



syndrome, multiple sclerosis (MS), Sjögren's syndrome, cancer, high cholesterol, heart disease, a nervous disorder in children called dyspraxia, hypothyroidism, diabetes, hypoparathyroidism, osteoporosis, osteoarthritis, Alzheimer's disease, and schizophrenia.

Evening primrose oil is known to help patients with chronic fatigue syndrome (CFS), asthma, nerve damage related to diabetes, and an itching disorder called neurodermatitis, which can be extremely unpleasant, but with the use of evening primrose oil you can reduce symptoms markedly. So it really is a really powerful oil.

The studies that are in place now show high concentrations with Children's disorders such as hyperactivity and attention deficit hyperactivity disorder (ADHD). It plays a big part in the treatment of obesity and weight loss, whopping cough, and perimenstrual disorders including abdominal pain, variable bowel syndrome, and pelvic floor disease. Put the oil aside away and

much for some essential fatty acids instead. No nasty side effects and while you are at it, you may see your whole body functioning better, plus your skin will look amazing! What a bonus!

It means have been using evening primrose oil for pregnancy for preventing high blood pressure (preeclampsia), or even for shortening labor, or starting labor, and/or preventing late delivery. So it's done for premenstrual syndrome (PMS), breast pain, endometriosis,

and symptoms of menopause such as hot flashes, but can be used this far. It's not just for women. Don't forget it is an essential fatty acid and I think anyone is essential for everyone. Men, women, child, and old.

I think a very interesting fact is that research shows that some damage caused by diabetes can be repaired by taking evening primrose oil daily for 6-8 weeks. That's impressive!

So, what are you waiting for... start up today!

Photo Help

On the October 1, 2014, an article in the paper about the world's most famous flower, the tulip, was published. The article was titled "The World's Most Famous Flower" and it was a very interesting read. The article was published in the paper on the 1st of October, 2014, and it was a very interesting read. The article was published in the paper on the 1st of October, 2014, and it was a very interesting read.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does provide consultations in stress reduction and more. She also teaches life changing health workshops and seminars for corporate executives and various health organizations all over the world. For more information contact her at: denise@chbuaold.com or [17788471028](tel:17788471028).

Stress and anxiety relief

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Acupuncture is a proven and effective treatment for stress relief

and in lowering stress-related pain.

Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find relief from physical symptoms, such as tense muscles, muscular pain

and high blood pressure which will allow you to feel relaxed and energized.

More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day-to-day stresses of life more effectively



A patient under Dr. Feng Wang's treatment



Dr. Feng Wang and Helen Wang

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles (needlephobia), acupuncture (massage) or often applied to clients after surgery in order to reduce the discomfort of the treatment.

In fact, in some cases, acupuncture being used without one condition can actually help detect another, more severe illness that has not been previously checked for. In such cases, acupuncture acts as early diagnosis and treatment.

Remember, acupuncture/acupuncture is just one method of relieving stress. It is also important to have positive and proactive ways to cope with stress on a daily

basis, thereby combining them to help you enjoy a happier and healthier life.

Dr. Feng Wang is an acupuncturist of the AFPCM and has been practicing his profession for over 20 years. He has been volunteering at General Hua in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester city centre.

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A spacious detached house situated in quiet, well-developed private marina estate within 100 yards of the private beach. The current owners have carried out a complete renovation programme of exterior and interior. G.F.H. is PVC double glazing, doors & soffits, entry well, breakfast, shower, lounge, dining rm, sitting rm, kitchen/diner, master bedroom with en suite bedroom, four further bedrooms, second bathroom, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. GPC rating is D.

For more information contact Coastguard Estate Agents on 01243 267026 www.coastguardproperty.co.uk



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ALDWICK OFFERS AN OFFER OF £200,000

Detached house situated on the back land of the Aldwick estate, private mature estate. The sizable fronted house performs well from every of the ground floor and first floor to the back from the rear garden. The well presented property includes a P.V.C. glazing, aluminium, living room, morning room, dining room, study, kitchen/breakfast room, utility room, master bedroom with dressing & en suite bathroom, 3 further bedrooms, ground floor living, double garage, outbuild, front garden with parking for optional vehicles & a South facing rear garden. EPC Rating: D



CRAIGIEL, PRIVATE ESTATE £765,000

Well presented modern detached house situated in private estate, south aspect 100 yards from the beach. Large South facing lounge, kitchen/dining room, breakfast room, study, living room, utility room, master bedroom with en suite bathroom and dressing, master bedroom with en suite bathroom and dressing, three further bedrooms, detached double garage and garden including South facing sea. EPC Rating: D



ALDWICK £950,000

A Cheshire house situated on a corner plot. The specification of this well presented property includes a P.V.C., glazing, front aspect lounge and a dining room, kitchen/breakfast room with island/breakfast bar, utility room, master bedroom with en suite bathroom, three further bedrooms, family bathroom, separate and garage and good size garden. EPC Rating: E



ALDWICK BAY ESTATE £515,000

An extended detached character house situated approx. 400 yards from the sea. The property has been extended and modernised and includes a full kitchen, bathroom, and a large living room. The property is situated on a corner plot with a large garden, including a detached double garage and a detached double garage. EPC Rating: E



ALDWICK BAY ESTATE £465,000

Architectural character cottage is built from granite and stone, approx. 100 yards from the beach. The specification of the character property includes a P.V.C. glazing, lounge, dining room, rear sitting room, kitchen with island/breakfast bar, two bedrooms, bathroom, separate and garden, double garage with utility room and garden, south facing sea. EPC Rating: D



ALDWICK £245,990

Architectural three bedroom detached house situated on a corner plot, approx. 100 yards from the beach. The specification of the property includes a P.V.C. glazing, lounge, dining room, kitchen with island/breakfast bar, two bedrooms, bathroom, separate and garden, double garage with utility room and garden, south facing sea. EPC Rating: D



BOHNER BRICKS £215,000

A unique stone and brick property, built from granite and stone, approx. 100 yards from the beach. The property includes a P.V.C. glazing, lounge, dining room, kitchen with island/breakfast bar, two bedrooms, bathroom, separate and garden, double garage with utility room and garden, south facing sea. EPC Rating: D

Motors

£10k fine for allowing smoking with kids in cars

FINES OF UP TO £10,000 could be imposed on people who allow smoking in cars carrying children.

There will be a fixed penalty or fine penalty points on the driving licence for anyone caught smoking in cars carrying children and failure to prevent smoking in the vehicle.

The maximum £10,000 fine will be paid by people who end up in court having failed to take 'reasonable steps' to prevent others smoking in cars with children.

Details of the new law are expected to be carried by ministers in December and could be in force by October of next year.

The new law will apply to anyone carrying children in a car, not just parents.

The suggested fine change will be made under the provisions of the Children and Families Act and follows a vote by Liberal Democrat MP in February.

A Department of Health survey found 90,000 children a year visited GPs in England every year with problems linked to second hand smoke.

The proposed law has received

support from health groups but has been criticised as another piece of legislation from the nanny state by some motorists.

Amenda Goodfield, Information Manager at Action on Smoking and Health, said: "We are pleased that the Government is planning legislation aimed at the ban on smoking in cars when children are present."

"This will give vulnerable children much needed protection from second hand tobacco smoke which currently causes thousands of children being treated for asthma and other major respiratory diseases."

"But we will like the Government to go further and ensure to a minimum of the law to ban smoking in all cars where adults as well as children will be protected from the detrimental effects of breathing in other people's tobacco smoke."

A spokesman for the British Heart Foundation, which supports the new proposals, said: "Passive smoke is a cause of short- and long-term illness in others and is particularly harmful to children - especially in enclosed spaces."

"It can lead to an increased risk



of heart disease, and other health problems such as asthma and sinusitis."

"Passive smoke negatively impacts on children and can also influence their habits as the latter - children who are exposed to smoking in their homes are more likely to smoke than those who are brought up in smoke-free households."

Dr Penny Woods, chief executive of the British Lung Foundation, said: "With almost half a million children being exposed to second

hand smoke in the family car every week, we enthusiastically support the government's commitment to introduce a ban on smoking in cars with children."

However, Simon Clark, director of Freedom Organisation for the Right to Enjoy Smoking Tobacco (FORST), said the proposed legislation was another example of the " nanny state ".

He said: "A ban on smoking and accessories."

"Smoking in cars with children has been in discussion years. Today

very few people do it because the over-bulky capacity of smokers except that it's not ideal."

Full ban smoking in cars carrying children

A YouGov poll in 2014 found that 97% of adults in Great Britain agreed that smoking should be banned in cars carrying children younger than 16 years of age, including 81% of smokers.

The YouGov poll also revealed that 91% agreed that smoking should be banned in all cars.

A similar poll conducted by YouGov in 2013 found that even among smokers, smoking was rare with only one in seven (14%) smokers with children reporting that smoking was allowed in the vehicle at any time.

An international review of surveys from North America, the UK and Australia found a majority (76%) of the public supported the introduction of smoking-free laws in four of the jurisdictions surveyed (Victoria, California, New Zealand, and South Australia) levels of public support were in excess of 90%.

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Sport

Football

Pearce steps up at City

GAREN PEARCE has taken over from Sean Perry as manager of Chichester City.

The recent signing from Litchfield, who has years of Premier League experience as a player and coach, took charge for the first time on Saturday when City beat a well-known local rival in the FA Cup.

Ex-Rangers and Southampton Borough player Pearce takes over as Perry – who was already club chairman – switches his focus on off the field duties.

Perry said: "The decision was a very hard one to make but with family, business and off-the-patch commitments at the club, something had to give and after much thought it was clear that my time will be best invested in areas away from the pitch.

"I am convinced that on the pitch, things are going, quickly,



Garen Pearce has taken over as manager of Chichester City FC.

at the right direction. We have a terrific crop of young, talented players in the senior club lineup, development squad and under-

16s and, after working for a number of weeks with Garen Pearce, I believe we have the right man to convert that potential into

success over the next few years."

Pearce, at the helm for a long line of former managers, Chichester in recent years and everyone at the club will hope his appointment proves a long-term move.

Perry had been side manager since Phil Bedford stepped down against bare early this season and before that, Steve Cook and Alan Twiss had done the job since April 2012.

Leon Searge, Adam Gordon and Mark Poshon have all had spells as charge in recent times.

In the past year or so, after a long spell when City struggled to stay clear of the relegation and of county division one, there have been encouraging signs the club are on the up – with improved first XI results coupled with the progress of their development team, under 16s and 18s and ladies sections.

Pearce, who joined City in September to become first-team player-coach, will continue to play in a City squad that has been considerably boosted up over the past few weeks.

The most recent signing is ex-Poole striker Michael Trenggo, who has joined from Litchfield. His capture is a handy one with main forwards Joe Gossart likely to be out injured for several weeks.

Michael Hayward, a one-time City player and former boss of Maffei and St Albans, has been appointed as Pearce's assistant.



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Nuffield Health's enhanced recovery programme is now available in Chichester

The programme called Recovery Plus, which has been running in Bristol and Leicester since early this year, has had great feedback from patients: "It was positive right from the beginning to end. All done very professionally. A very good thing that when you have an operation you can follow it on, you don't just leave the hospital and that's it... Such a good idea, such a good programme." Elizabeth, 71, treated at Nuffield Health Leicester.

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